



Family Caregiver Guide



TABLE OF CONTENTS

GETTING THE RIGHT DOCTOR AND DIAGNOSIS.....	4
TALKING TO YOUR LOVED ONE ABOUT THEIR WISHES AND THEIR FUTURE	5
LOCATING AND ENGAGING LOCAL SUPPORT RESOURCES	6
CREATING A CARE TEAM.....	8
USING TECHNOLOGY TO HELP WITH CAREGIVING	9
TAKING CARE OF YOURSELF TOO.....	10
NAVIGATING END-OF-LIFE DISCUSSIONS	11
PRACTICING MINDFULNESS	13
EXPERIENCING ANTICIPATORY GRIEF AND LIFE AFTER CAREGIVING	15
APPENDIX OF URLS	18

INTRODUCTION

We know caregiving can be hard, but it's often what holds a family together and makes the best care possible. Whether you're caring for a spouse, friend, parent or sibling, know that you are not alone in this new role. Since 2000, Seniorlink has been a resource to family caregivers, providing them with comfort, information and support so they can confidently provide care for their loved ones at home. We thank you for the care you give. We've used our years of experience to create this guide to assist you in your new role.

In this guide, you will find resources to help support you as you begin your caregiving journey. From how to support your loved one when they receive a diagnosis to discovering community resources and having discussions about end-of-life wishes, this is your opportunity to ensure your loved one is getting the compassionate care they deserve. We hope it helps.

This guide contains many online resources. If you're reading an electronic version, the resources are all linked. However, the links are also listed in the appendix at the end if you're reading a printed version.

GETTING THE RIGHT DOCTOR AND DIAGNOSIS

A simple decline in overall health can be the result of the aging process. But sometimes, there may be a more serious illness at play. If your loved one has been showing changes in personality or physical ability, bring this to the attention of their primary care doctor.

A thorough evaluation and formal diagnosis will be the foundation of your caregiving efforts. Oftentimes, it is this diagnosis that will dictate the type of care and services your loved one will require. For example, the way one provides care to a person diagnosed with Alzheimer's disease is very different from the way one cares for someone with lung cancer.

By understanding the illness that affects your loved one, you can plan ahead and take advantage of the resources available to you.

If you're just starting your journey, you may not have received an official diagnosis yet. Maybe you don't have a primary care physician or are considering seeking a second opinion.

These resources can help:

- [Five tips for choosing a new primary care physician](#): How to find a new primary care provider near you, determining insurance coverage and ensuring a good cultural fit.
- [How to Find a Good Doctor](#): A thorough guide on choosing a provider, plus valuable resources for finding information about individual providers.
- [ABFM's Find a Doctor](#): The American Board of Family Medicine offers a searchable database of all board-certified family medicine practitioners in the U.S.
- [ShareCare's Find a Doctor](#): Another search tool for finding a qualified physician near you, ShareCare's tool allows you to search by location, browse physicians by specialty, and more.
- [Zocdoc's Doctor Search](#): Zocdoc's provider search tool works similarly to ABFM's and ShareCare's, but it also allows you to enter your insurance carrier and plan to find in-network providers.

TALKING TO YOUR LOVED ONE ABOUT THEIR WISHES AND THEIR FUTURE

Understanding your loved one's wants and wishes is an important part of caregiving. It may be difficult to discuss sensitive topics such as finances and legal matters, but having a plan in place will help you feel more confident when making decisions. It also provides your loved one with a sense of ease that their wishes are being followed.

If your relative is able to complete a durable power of attorney, assist them in meeting with a legal specialist to prepare these documents. This legal paperwork gives someone of their choosing the power to act on their behalf in medical and financial matters. This kind of planning will make you better prepared and able to care for your loved one.

Below is a list of helpful resources that we have created and shared with caregivers. They will help you navigate legal and financial planning matters:

- [A Legal Checklist for Caregivers](#): A helpful list of legal and financial documents and tasks to get your loved one's affairs in order.
- [What is a Caregiver Affidavit?](#): A brief guide to help you understand caregiver affidavits, how to determine if you need one and how they work.
- [What is a Durable Power of Attorney?](#): A quick tutorial on the durable power of attorney, how to determine if you need one and how they work.
- [Guide to Financial Support for Caregivers](#): Detailed information about the cost of home care, resources for obtaining financial assistance and valuable financial planning tips.



LOCATING AND ENGAGING LOCAL SUPPORT RESOURCES

You may find yourself searching for local resources and support online. You may ask friends for recommendations. While this can provide a tremendous amount of help, you may also find there are times when you need professional recommendations.

[The Eldercare Locator](#) is an excellent tool to locate help from individuals and organizations in your community. Perhaps you're looking for a hand with meals. Or maybe your loved one requires transportation to get to doctor appointments. Whatever the need, you can conduct a simple search in your area to find local support and services. The [Caregiver Corner](#) section of The Eldercare Locator's website may be particularly helpful for you. Here, you'll find answers to the most common questions received at the Eldercare Locator, including where to turn if you need [help with transportation](#), in-home care or respite care. There are helpful resources for learning more about [what to expect following a dementia diagnosis](#), and more. You can also [find out](#) if there are programs available in your state that allow you to be paid for caregiving.

Your local Area Agency on Aging (AAA) is another valuable resource, particularly if you need assistance identifying resources in the city or town where you or your loved one reside. The [National Association of Area Agencies on Aging](#) has an easy-to-use search tool to help you quickly find your local AAA.

If you have decided your loved one will continue to live at home and you are interested in learning how to become a paid caregiver for a family member, we created [this guide](#) that includes helpful information on the programs available in each state. Seniorlink does offer programs for family caregivers under select Medicaid programs in certain states/health plans. You can visit our [website](#) to learn more.



Some patients may require the expertise of professional caregivers. If your loved one will require out-of-home care, there are a few sites you can visit to learn more about your options. [A Place for Mom](#) or [Oasis Seniors Advisors](#) can help you find and compare senior housing options. These referral services will provide you with full pricing details, schedule facility tours and even help your loved one move in.

You may also find the following resources helpful for identifying local resources and making decisions about your loved one's care:

- [The Biggest Mistakes Caregivers Make in Choosing Home Care Agencies](#): If you're considering hiring a home care agency, this post offers expert tips and advice to help you choose wisely and avoid common mistakes.

- [Community Resource Finder](#): AARP's Community Resource Finder helps you find community programs and services by searching for the type of care you need and your location.
- [Family Care Navigator](#): The Family Caregiving Alliance's state-by-state search tool will help you find legal resources, government health and disability programs, organizations that offer information and services related to specific diseases, and more.
- [Caregiver.com Local Resources](#): Find programs and services near you, local support groups and more.
- [Food Services for the Elderly](#): A quick guide on the various food services available to the elderly, the benefits of using meal delivery services, and how to choose the right food service for your loved one.



CREATING A CARE TEAM

Don't be afraid to ask for help. Once you're able to anticipate what your caregiving responsibilities might look like, an important step is to invite relatives and close friends to discuss that reality. You need and deserve support. Caregiving is a tremendous task that is not only physically exhausting, but emotionally exhausting as well. You will greatly benefit from the additional support.

Whether you need someone to bathe dad on Tuesdays or drive mom to physical therapy on Fridays, never hesitate to ask for help. As the primary caregiver, be open to accepting whatever assistance your family and friends are offering. Even if it's not what you had in mind, the fact that people are stepping up shows just how dedicated everyone is to making this work. And working together may be the only way to get things done.

There are several websites and blogs that offer helpful tips and resources for all members of a care team. Check out [Caregiving, Daughterhood](#) or [Working Daughter](#) for caregiving tips, heartfelt stories and some of the harsh realities of caregiving from others who have been there. You'll find more valuable blogs in our list of [50 helpful senior living and senior care blogs](#).

Here are a few more helpful resources for establishing and communicating with your extended care team:

- [Preparing to be a Dementia Caregiver: Establishing Your Team](#): A how-to guide on establishing a caregiving team. While this article is specifically geared to dementia caregivers, these tips can be applied to establishing a care team for any care recipient, regardless of diagnosis.
- [When You Can't Be There: Creating a Caregiving Plan B](#): How to plan for respite care, emergencies and other situations when you can't be there to care for your loved one.
- [Create Your Caregiving Team](#): Tips from AARP on creating a caregiving team.
- [Help for Common Caregiving Conflicts](#): A collection of resources and guides from AARP to help you navigate and overcome common issues in caregiving.



USING TECHNOLOGY TO HELP WITH CAREGIVING

Technology makes it easier than ever to stay in touch with loved ones near and far. However, it also offers many valuable tools that help to simplify the complex task of caring for a senior or person living with disabilities. If your loved one is prone to wandering, a [GPS tracker](#) can be a life-saving safety device. Remote monitoring tools are also useful for caregivers. [Great Call](#) is a resource that offers tools you can purchase and give to your loved one, including everything from phones to remote devices that can help ease your mind if you're concerned about them living alone. The company was recently purchased by Best Buy, so many of these tools will be available in stores soon.

[Philips Lifeline](#) not only offers products such as lighting and medical alert devices, but the company also maintains a robust collection of resources for caregivers that's worth checking out. For instance, if you're not sure how to bring up the delicate topic of a medical alert device to an aging parent, [this article](#) will help.



There are many technology tools—from door alarms and motion sensors to medication trackers and caregiving apps—that can make it easier to manage the caregiving journey.

The resources below will help you discover other technology and learn how these tools can help you manage your day-to-day caregiving tasks:

- [7 Ways Technology Helps Family Caregivers](#): An overview of the different types of technology tools that can aid in caregiving.
- [Digital Technology for the Family Caregiver](#): A more in-depth look at the different types of technology that make the complex task of caregiving a bit more manageable and how they're used.
- [Best Cell Phones for Seniors](#): Getting a cell phone for your care recipient can help you stay in touch when you can't be by their side, help them remain socially connected with friends and loved ones, and even help them manage their medications and other tasks thanks to the many useful smartphone apps available. This list of the 50 best cell phones for seniors will help you choose the right device.
- [Top Tools for Caregivers](#): Visit our list of 43 tools for caregivers to discover other technology tools that can aid you in your caregiving journey.

TAKING CARE OF YOURSELF TOO

Don't forget—after planning, coordinating with others and then providing hands-on care to your loved one—invest back in yourself. The quality of care you provide will only be as good as your own physical and mental health. Even if other relatives and friends offer to support you, caregiving can be an isolating journey at times.

You can find support from other caregivers across the country by joining an online community. Seniorlink hosts a [private group](#) on Facebook with thousands of people going through similar experiences. Ask questions and receive a response in as little as 30 minutes from members. Or tune in to the group's webcasts to find inspiration and learn new tips from expert caregivers. Visit our quick guide to learn [how to prevent caregiver stress](#).

Sometimes, you may feel the need for one-on-one interaction instead. If you are caring for a loved one who has dementia, The Alzheimer's Association runs a [24-hour helpline](#). [Crisis Text Line](#) is also a great organization that provides free crisis intervention via SMS.



For more insights and information on proper self-care and managing caregiver stress, including online support groups, visit these resources:

- [AARP Caregiving Community](#): An online forum for caregivers who offer advice and support to fellow caregivers. If you're encountering a specific problem or in search of advice on how to deal with a caregiving situation, there's a good chance that a fellow caregiver will have valuable advice to share.
- [Caregiver Burden Tips](#): Expert tips and advice on how to recognize and combat caregiver stress.
- [Smart Patients Caregivers Community](#): An online community for caregivers in partnership with the Family Caregiver Alliance.
- [11 Caregiver Support Groups on Facebook You'll Want to Join](#): If you use Facebook, check out Daily Caring's list of 11 caregiver support groups worth joining on the platform.
- [Caregiving.com](#): With more than 60 groups you can join to interact with and support fellow caregivers, Caregiving.com is a useful resource to help you quickly connect with others who are embarking on a similar journey.
- [The Caregiver Space](#): A peer support community for sharing experiences, asking questions, getting answers and caregiver-to-caregiver support.
- [Finding An Online Caregiver Support Group](#): An easy-to-follow how-to guide to help you locate support groups for caregivers online.

NAVIGATING END-OF-LIFE DISCUSSIONS

Having discussions about the end of life isn't easy, whether you're caring for a spouse, an aging parent or a loved one with disabilities. However, having this difficult conversation is important to ensure that your loved one's wishes are met as they near the end of their life.

When possible, you should involve other members of the care team in end-of-life discussions to make sure everyone has the same understanding. Doing so will help to prevent conflicts over funeral arrangements and other end-of-life planning during times of grieving, when emotions are often running high.

It's a good idea to put your loved one's wishes [in writing](#), in a formal agreement. This may include legal documents such as a living will and durable power of attorney, as well as a written agreement between family members that documents what was discussed and agreed upon.

There are many things to discuss about your loved one's end-of-life wishes, such as the types of life-saving interventions they may or may not want in certain circumstances, who they wish to be responsible for executing their will, and how they wish their assets to be divided among heirs. The discussion should also include conversations about where your loved one would like to receive care at the end of life, such as whether they prefer to move into the home of a loved one or into a nursing home, as well as whether they prefer to receive hospice care or hospital care near the end of their life. Because there

are many religious and cultural considerations when it comes to end-of-life care, it's important to understand what your loved one wants so that the family can best meet those wishes when the time comes.

End-of-life discussions are delicate and challenging for all involved. The resources below offer guidance for starting and navigating these difficult conversations, including tools and worksheets to help you ensure that you're covering all the necessary topics:

- [Five Wishes](#): A resource for advance care planning, including living wills and advance directives, written in everyday language to help anyone consider and document how they prefer to be cared for at the end of life.
- [Final Roadmap](#): A toolkit for advance care planning, including resources for planning medical care, legal and financial considerations, and more.
- [Everplans](#): A tool for creating an archive of everything loved ones may need, such as passwords, important legal documents, financial and health information, and more.
- [The Conversation Project](#): A project of the Institute for Healthcare Improvement designed to help people learn how to start end-of-life conversations, communicate with their healthcare provider about end-of-life wishes, and more.

- [Starting the Conversation About End-of-Life Care](#): A helpful resource from AARP offering conversation starters, important questions to ask and other tips for discussing end-of-life care.
- [Talking with parents about end-of-life issues](#): Tips for talking to your aging parents about end-of-life care from ElderCare Link.
- [My End-of-Life Decisions: An Advance Planning Guide and Toolkit](#): A detailed advance-planning guide and toolkit from Compassion & Choices.
- [BegintheConversation.org](#): A website focused on helping people navigate end-of-life

discussions, complete with communication tips and essential documents.

- [Consumer's Tool Kit for Health Care Advance Planning](#): While this guide is prepared by the American Bar Association Commission on Law and Aging, it's designed to help consumers navigate the process of advance care planning.
- [Uphold](#): Uphold helps families get the care they want at end of life by empowering informed decisions, creating family-centered advance care plans, and providing access to the right resources at the right time. Uphold is covered by Medicare and available to families by phone or video chat 24/7.

PRACTICING MINDFULNESS

There are some stressors that family caregivers simply can't control, such as a loved one's diagnosis or congested traffic on the way to an appointment. You can exert some control, however, by modifying your response to these stressors. As [AARP suggests](#), changes such as getting better quality sleep, physical activity, and reaching out for help can have positive effects on the stress response, giving you a better capacity for patience, [releasing endorphins](#) into your system, and reducing feelings of panic and isolation.

Practicing mindfulness is one way for family caregivers to cope with feelings of stress and anxiety, and it can even help you become less reactive to high-stress situations. As AARP points out, some mindfulness practices work better for some caregivers than others, and there are several techniques you can try:

- **Slow, deep breathing:** Take several slow, deep breaths while clearing your mind and trying to focus only on the present moment.
- **Visualization:** Find a comfortable spot to spend a few minutes in solitude, imagining yourself in a place or situation that makes you feel happy and calm. For instance, you might imagine sitting on the beach in the warm sun, watching the calming waves come crashing gently to the shore, or you might imagine taking a quiet stroll through the woods while listening to the rustling leaves and the lively sound of birds chirping.
- **Take a walk:** If visualizing a calming walk through the woods doesn't work for you, consider taking a walk through the neighborhood or a nearby park. This technique works well for caregivers who are more comfortable moving than sitting still while trying to relax. Plus, the exercise you'll get will release endorphins – those feel-good hormones that make you feel like you're on top of the world after a good workout.
- **Find a creative outlet:** Even if you don't already have a creative hobby, experimenting with creative projects like painting, knitting, or even woodworking is worthwhile. When you find a creative outlet you enjoy, you'll find that you can easily get lost in the creative process, helping you to focus on the present and let go of feelings of stress and anxiety.



If the mindfulness techniques above don't appeal to you or you simply want a convenient way to practice mindfulness anytime, consider a mindfulness app. There are hundreds of mindfulness and meditation apps that offer guided visualizations, guided meditations, soothing sounds, and other tools that can help you combat anxiety, beat stress, get better sleep, and reduce feelings of sadness and isolation. Here are a few such apps worth a look.

- [Headspace](#): Offering 10-minute guided meditations, Headspace is one of the most popular mindfulness meditation apps. You can also take a free, 10-day beginner's course to learn the basics of mindfulness meditation.
- [Calm](#): With soothing sounds like rainfall and calming music, video lessons on gentle stretching exercises and mindful movement, and more than 100 guided meditations, Calm offers a multitude of tools to help you stay focused and in control no matter what stressful situations arise.
- [Mindfulness Daily](#): This app reminds you to take a few moments to ground yourself in the morning, mid-day, and in the evenings. It also helps you track your mindfulness practice and monitors how many days in a row you've stuck to your mindfulness routine, which can provide a powerful motivator for developing a mindfulness habit that sticks.
- [Aura](#): As a caregiver, your time is precious. Aura provides daily, three-minute micro-meditations created by therapists and coaches customized for your individual needs, so you can get on with your day while still reaping the benefits of mindfulness.
- [Breathe](#): This app follows your activities throughout the day, providing guidance to keep you on track with mindfulness throughout your busy day. With five-minute meditations, it's a helpful tool for reducing stress and practicing mindfulness even when you're short on time.
- [Stop, Breathe & Think](#): This app first asks how you're feeling, then offers customized, 5-minute activities designed to bring you peace and calm.
- [Omvana](#): Offered by Mindvalley, Omvana is the #1 meditation app in more than 30 countries. With hundreds of meditation tracks to choose from, Omvana offers meditations to help you focus, find peace, get better sleep, and more.
- [Mindfulness Coach](#): Believe it or not, this mindfulness app was developed by the U.S. Department of Veterans Affairs. Created to help veterans cope with PTSD and practice mindfulness meditation, it provides mindfulness training as well as tools to help you track your progress.
- [Remindfulness](#): If you need reminders to stay grounded throughout the day, Remindfulness delivers gentle reminders to help you stay on track.
- [Just Be](#): Another mindfulness reminder app, Just Be sends you mindfulness quotes as reminders to be present in the moment. You can add your own custom quotes, add images, and set preferences on how frequently you want to receive inspiration.

EXPERIENCING ANTICIPATORY GRIEF AND LIFE AFTER CAREGIVING

If your loved one has a terminal illness or dementia, it can be difficult to watch them lose abilities and deteriorate before your eyes. While you don't want to be overwhelmed with grief, it's important to allow yourself to experience grief during this phase. [Anticipatory grief](#) can [help you find closure](#) and provides you with an opportunity to meaningfully connect with your loved one before they pass away, whether simply by spending time talking or participating in activities that you've always wanted to do together. It can also be an [emotional roller-coaster](#), with feelings of hope alternating with feelings of extreme sadness. Here are a few tips (and links to further reading) for coping with this difficult stage in the caregiving journey:

- Focus on your loved one's quality of life. Aim for smaller goals, such as your loved one having a good day. You may find that you can [find joy in moments](#) that would otherwise seem insignificant.
- Allow yourself to reach acceptance. It's normal to experience anticipatory grief, and you should allow yourself to work through those emotions. Talk with a close friend or loved one, journal your feelings or take time to read and reflect on what you're going through.
- Communicate with others. Other family members and friends may also be experiencing anticipatory grief, but they may not experience it in the same way that you do.

[Keep the lines of communication open](#) and allow everyone to work through their own grieving process, but be mindful of including everyone in any special plans that they wish to be involved in.

- Seek professional counseling. Anticipatory grief may be [accompanied by symptoms such as](#) sadness, isolation, anger, fear, anxiety and depression. Don't be afraid to speak with a professional counselor to help you work through your emotions.

Anticipatory grief can help to prepare you in some ways for the death of a loved one, but it's not a substitute for the feelings of grief you'll experience after their passing. However, anticipatory grief can provide a silver lining, as you'll experience gratitude for having the opportunity to say goodbye and to create memories with your loved one that you'll carry with you forever.

Once a loved one passes away, caregivers often find it difficult to move on. The daily routine and caregiving activities that they've grown used to over the past few months or years are suddenly drastically different. There's no one to drive to appointments and prepare meals for, so it's easy for caregivers to feel lost after their loved one's passing. Your support network is vitally important, both during anticipatory grief and after your loved one's death to help you get through the first few days, weeks and months.

Here are a few other ways to get through this challenging time:

- Let go of “normal.” Many caregivers put [too much pressure on themselves](#) to stay strong for everyone around them. And in the first few days after your loved one’s death, you’ll be busy finalizing arrangements and ensuring that your loved one’s wishes are being met. Let go of the idea of things going back to normal immediately and give yourself time to adjust.
- Remember, it’s normal to feel some relief. Some caregivers are surprised to find that they feel a sense of relief coupled with their grief. This is a normal experience, particularly for caregivers who have been caring for a loved one for many months or even years.
- Acknowledge feelings of guilt and betrayal. You may find that in fleeting moments, you can still smile—and even laugh—but those experiences may be immediately followed by a sense of guilt. While you should acknowledge those feelings, you should also remind yourself that your loved one would want you to smile again and have you live life to the fullest.
- Tell friends and family members what you need. They will want to help, so don’t be afraid to let them know how they can lend a hand.
- Remember to eat and sleep. You may not have an appetite and sleeping may seem

impossible. But inadequate nutrition and lack of sleep will only contribute to your feelings of grief and exhaustion, so make a concerted effort to get good nutrition and try to [sleep whenever you’re able](#).

- Make plans to reconnect with life. While it’s common for caregivers to feel lost after the death of their loved one, it’s also [difficult for many to reengage](#) with the friends, family and activities they once enjoyed. When you’re ready, make concrete plans to start living life again, whether you schedule a dinner date with a group of friends, plan a golf outing with pals or make plans to go see a movie with someone special.
- Continue seeing a counselor. If you started to see a professional counselor while you were coping with anticipatory grief, continue these sessions regularly. Your counselor can help you develop coping strategies and work through the ups and downs following the loss of your loved one.
- Take things one day at a time. If you’re not feeling up to thinking about the next few weeks and months, focus on today. And remember, tomorrow is a new day. Dealing with an incredible loss can seem more bearable when you only need to focus on getting through one day at a time.

Remember, everyone grieves in unique ways, and your grieving process may be quite different from that of your friends and family members.

APPENDIX OF URLS

GETTING THE RIGHT DOCTOR AND DIAGNOSIS

Five tips for choosing a new primary care physician: <https://newsroom.uhc.com/health/engagement/primary-care-doctor.html>

How to Find a Good Doctor: <https://www.consumerreports.org/doctors/how-to-find-a-good-doctor/>

ABFM's Find a Doctor: <https://www.theabfm.org/findadoctor>

ShareCare's Find a Doctor: <https://www.sharecare.com/find-a-doctor>

Zocdoc's Doctor Search: <https://www.zocdoc.com/>

TALKING TO YOUR LOVED ONE ABOUT THEIR WISHES AND THEIR FUTURE

A Legal Checklist for Caregivers: <https://blog.caregiverhomes.com/a-legal-checklist-for-caregivers>

What is a Caregiver Affidavit?: <https://blog.caregiverhomes.com/what-is-a-caregiver-affidavit>

What is a Durable Power of Attorney?: <https://blog.caregiverhomes.com/caregiving-101-what-is-a-durable-power-of-attorney>

Guide to Financial Support for Caregivers: <https://blog.caregiverhomes.com/financial-support-for-caregivers-the-ultimate-guide-to-home-care-costs-financial-aid-and-financial-planning-for-caregivers>

LOCATING AND ENGAGING LOCAL SUPPORT RESOURCES

The Eldercare Locator: <https://eldercare.acl.gov/Public/Index.aspx>

Caregiver Corner: <https://eldercare.acl.gov/Public/Resources/Topic/Caregiver.aspx>

Help with transportation: <https://eldercare.acl.gov/Public/Resources/Topic/Caregiver.aspx#q1>

What to expect following a dementia diagnosis: <https://eldercare.acl.gov/Public/Resources/Topic/Caregiver.aspx#q5>

Find out if there are programs available in your state that allow you to be paid for caregiving: <https://eldercare.acl.gov/Public/Resources/Topic/Caregiver.aspx#q3>

National Association of Area Agencies on Aging: <https://www.n4a.org/>

This guide includes helpful information on the paid caregiver programs available in each state: <https://blog.caregiverhomes.com/how-to-become-a-paid-caregiver-for-a-family-member-6-steps-to-uncovering-financial-assistance-options-for-family-caregivers>

A Place for Mom or Oasis Seniors Advisors can help you find and compare senior housing options: <https://www.aplaceformom.com/>
<https://www.oasisenioradvisors.com/>

The Biggest Mistakes Caregivers Make in
Choosing Home Care Agencies:
<https://blog.caregiverhomes.com/50-mistakes-to-avoid>

AARP's Community Resource Finder:
<https://www.communityresourcefinder.org/>

The Family Caregiving Alliance's Family
Care Navigator:
<https://www.caregiver.org/family-care-navigator>

Caregiver.com Local Resources:
<https://resources.caregiver.com/>

CREATING A CARE TEAM

Caregiving blog:
<https://www.caregiving.com/caregiving-blogs/>

Daughterhood blog:
<https://www.daughterhood.org/blog/>

Working Daughter blog:
<https://www.workingdaughter.com/>

50 helpful senior living and senior care blogs:
<https://blog.caregiverhomes.com/best-elder-care-and-senior-living-blogs-50-must-read-blogs-for-older-adults-family-caregivers-and-more>

Preparing to be a Dementia Caregiver:
Establishing Your Team:
<https://blog.caregiverhomes.com/prepare-to-care>

Food Services for the Elderly:
<https://blog.caregiverhomes.com/food-services-for-elders>

When You Can't Be There: Creating a Caregiving
Plan B:
[https://blog.caregiverhomes.com/when-you-](https://blog.caregiverhomes.com/when-you-cant-be-there-creating-a-caregiving-plan-b)

[cant-be-there-creating-a-caregiving-plan-b](#)

Create Your Caregiving Team:
<https://www.aarp.org/caregiving/basics/info-2017/create-a-team.html>

Help for Common Caregiving Conflicts:
<https://www.aarp.org/caregiving/care-guides/common-conflicts/>

USING TECHNOLOGY TO HELP WITH CAREGIVING

GPS trackers:
<https://blog.caregiverhomes.com/the-50-best-gps-trackers-for-seniors>

Great Call:
<https://www.greatcall.com/family-caregiving-solutions>

Philips Lifeline:
<https://www.lifeline.philips.com/caregiver.html>

Addressing the delicate topic of a medical alert
device with an aging parent:
<https://www.lifeline.philips.com/resources/blog/2014/05/talking-to-mom-or-dad-about-a-med-alert-system.html>

7 Ways Technology Helps Family Caregivers:
<https://www.aplaceformom.com/blog/2013-7-21-technology-family-caregivers/>

Digital Technology for the Family Caregiver:
<https://www.caregiver.org/digital-technology-family-caregiver>

Best Cell Phones for Seniors:
<https://blog.caregiverhomes.com/the-50-best-cell-phones-for-seniors>

Top Tools for Caregivers:

<https://blog.caregiverhomes.com/top-tools-for-caregivers-43-apps-blogs-medication-management-and-tech-tools-to-simplify-your-life>

TAKING CARE OF YOURSELF TOO

Seniorlink private group on Facebook:

<http://caregivernation.org/>

Quick guide on how to prevent caregiver stress:

<https://blog.caregiverhomes.com/how-to-prevent-caregiver-stress>

The Alzheimer's Association's 24-hour helpline:

<https://www.alz.org/help-support/resources/helpline>

Crisis Text Line:

<https://www.crisistextline.org/>

AARP Caregiving Community:

<https://community.aarp.org/t5/Caregiving/Welcome-to-the-AARP-Caregiving-Community/m-p/1786782#M3126>

Caregiver Burden Tips:

<https://blog.caregiverhomes.com/caregiver-burden-tips-expert-advice-for-recognizing-combating-caregiver-stress>

Smart Patients Caregivers Community:

<https://www.smartpatients.com/partners/fca>

11 Caregiver Support Groups on Facebook You'll Want to Join:

<https://dailycaring.com/11-caregiver-support-groups-on-facebook-youll-want-to-join/>

Caregiving.com groups:

<https://www.caregiving.com/groups/>

The Caregiver Space:

<https://thecaregiverspace.org/>

Finding An Online Caregiver Support Group:

<https://www.fivestarseniorliving.com/blog/health-wellness/finding-an-online-caregiver-support-group>

NAVIGATING END-OF-LIFE DISCUSSIONS

Putting your loved one's wishes in writing:

<https://www.psychologytoday.com/us/blog/call/201706/talking-your-parent-about-aging-and-death>

Five Wishes:

<https://fivewishes.org/five-wishes/individuals-families/individuals-and-families/advance-care-planning>

Final Roadmap:

<https://www.finalroadmap.com/>

Everplans:

<https://www.everplans.com/introducing-everplans>

The Conversation Project:

<https://theconversationproject.org/>

Starting the Conversation About End-of-Life Care:

<https://www.aarp.org/caregiving/life-balance/info-2017/talk-end-of-life-care.html>

Talking with parents about end-of-life issues:

<http://www.eldercarelink.com/Legal-and-Financial/Talking-With-Parents-About-End-of-Life-Issues.htm>

My End-of-Life Decisions: An Advance Planning Guide and Toolkit:

<https://compassionandchoices.org/resource/my-end-of-life-decisions-an-advance-planning-guide-and-toolkit/>

BegintheConversation.org:

<http://www.begintheconversation.org/>

Consumer's Tool Kit for Health Care Advance Planning:

<https://connect.aahpm.org/HigherLogic/System/DownloadDocumentFile.ashx?DocumentFileKey=a3b6f777-cd13-4d53-9933-eef3562a2d3b>

PRACTICING MINDFULNESS

How to Lower Caregiver Stress

<https://www.aarp.org/caregiving/life-balance/info-2017/stress-management-bjj.html>

Why endorphins (and exercise) make you happy

<https://www.cnn.com/2016/01/13/health/endorphins-exercise-cause-happiness/index.html>

Headspace

<https://www.headspace.com/headspace-meditation-app>

Calm

<https://www.calm.com/>

Mindfulness

<http://www.mindfulnessdailyapp.com/>

Aura

<https://www.aurahealth.io/>

Breethe

<https://breethe.com/>

Stop, Breath & Think

<https://www.stopbreathethink.com/>

Omvana

<http://www.omvana.com/>

Mindfulness Coach

https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp

Remindfulness

<https://www.remindfulnessapp.com/>

Just Be

<http://justbe.cc/>

EXPERIENCING ANTICIPATORY GRIEF AND LIFE AFTER CAREGIVING

Links to articles and blogs with further information appear in this section and are associated with the below text.

Anticipatory grief can help you find closure and be an emotional roller-coaster:

<https://blog.caregiverhomes.com/what-is-anticipatory-grief>

https://www.cancercare.org/publications/385-anticipatory_grief_preparing_for_a_loved_one_s_end_of_life

<https://thecaregiverspace.org/anticipatory-grief-powerful/>

You may find that you can find joy in moments that would otherwise seem insignificant:

<http://www.ageucate.com/blog/caregivers-anticipatory-grief/>

Keep the lines of communication open and allow everyone to work through their own grieving process:

<https://whatsyourgrief.com/anticipatory-grief/>

Anticipatory grief may be accompanied by symptoms such as sadness, isolation, anger, fear, anxiety and depression:

<https://www.verywellhealth.com/understanding-anticipatory-grief-and-symptoms-2248855>

Many caregivers put too much pressure on themselves to stay strong:

<http://www.freitagfuneralhome.com/publications/soon-after.htm>

Make a concerted effort to get good nutrition and try to sleep whenever you're able:

<https://www.beaconhealthsystem.org/beacon-childrens-hospital/wp-content/uploads/sites/2/2018/06/How-to-Get-Through-the-First-Weeks-and-Months-After-a-Death.pdf>

It's also difficult for many to reengage with the friends, family, and activities:

<https://whatsyourgrief.com/reconnecting-with-life-after-loss/>